

Real Estate

Common-law and owning homes

pg 10



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HALIFAX • THURSDAY, JULY 16, 2009

metronews

Celebrity Buzz

Romo dumps Simpson over ex?

pg 14



2 teens critical after rollover

ACCIDENT Three teenagers were sent to hospital, including two in critical condition, after a single-vehicle crash on the St. Margaret's Bay Road in Ingramport yesterday.

Halifax RCMP say the accident happened at 11:55 a.m. with the car rolling over into a ditch and hitting a tree. Paul Maynard, spokesman for Emergency Health Services, said a 17-year-old female and a 16-year-old male were transported by ambulance to the QEII Health Sciences Centre in critical condition. Another 16-year-old male in the vehicle is also in hospital and listed in serious condition.

A fourth occupant of the vehicle received non-life threatening injuries.

METRO HALIFAX

Big Bike Cheer Tandem spirit



Riders on the Heart and Stroke Big Bike cheer as they pedal down Spring Garden Road yesterday. Yesterday marked the first of 29 days of Big Bike events that will take place around the province this summer. Over the past 17 years, the Big Bike events have raised nearly \$2.5 million in Nova Scotia.

Lawyer arrested for smuggling

PHILIP CROUCHER
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DRUGS Halifax Regional Police say a 56-year-old Halifax lawyer is being charged for allegedly smuggling drugs to a client during a meeting at the Central Nova Scotia Correctional Facility in Dartmouth's Burnside Park.

Police aren't releasing the lawyer's name, but Metro has learned it's Anne Calder, a defence lawyer and former Crown prosecutor. She was released from police custody last night and will appear in court at a later date to face a charge of trafficking.

Police say at 4:21 p.m. Tuesday they were called to the facility by jail guards who claimed a lawyer gave a package containing drugs to an inmate. Members of the integrated drug unit then investigated and HRP spokesman Const. Brian Palmer said this led to the determination the package contained a controlled substance. Palmer said the substance was a "prescription narcotic" and the lawyer was later arrested.

"We allege a quantity of the controlled substance entered into the facility with the lawyer and during the course of a meeting was passed over to the inmate," Palmer said.

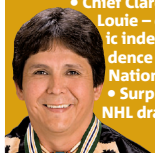
Department of Justice spokeswoman Carla Grant said yesterday conversations between lawyers and their clients are monitored through video, and "guards were watching as the alleged transaction was taking place."

FocusOn First Nations

For the next week, Metro Canada will be focusing on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

• Today

• Chief Clarence Louie – economic independence for First Nations, pg 6
• Surprise at NHL draft, pg 8



Comment pg 6

Stand up to pick up?



Stigma a 'barrier'

Nova Scotia releases suicide report for the province

LESLEY PIKE
for Metro Halifax



Suicide numbers between '95 and '04

• During that period, the suicide rate also went down, from 11 suicide deaths per 100,000 people in 1995 to eight suicide deaths per 100,000 people in 2004.

the biggest barrier that people have in asking for help," she said. "And that stigma has to be removed."

Yesterday, the province released a report titled Suicide and Attempted Suicide in Nova Scotia. Using data gathered between 1995 and 2004, the report de-

scribes conditions surrounding suicide and attempted suicide.

Julian Young, with the province's health promotion and protection department, called the report a "baseline" of information for suicide.

According to the report,

which took about three years to complete, Nova Scotia has the third lowest suicide rate in Canada.

Young said there have been increases in funding for suicide prevention since 2004 and the province also started the Nova Scotia Strategic Framework to Address Suicide in 2006. While pleased with their report, they acknowledged more information is needed about the demographic of those who have committed suicide.

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The province announced yesterday 11 tenders for \$12.5 million worth of road projects in nine areas of the province. That includes four tenders for the paving of 40 subdivision streets in the Halifax Regional Municipality, work which will be cost-shared with the municipal government. **METRO HALIFAX**

Local



Bragg tickets going on sale

Internationally acclaimed folk, pop and punk singer-songwriter Billy Bragg, left, is returning to Halifax for a show at the Rebecca Cohn Auditorium Nov. 15 at 8 p.m. Bragg is touring in support of his latest album, *Mr. Love & Justice*, which is his 11th record. Tickets go on sale tomorrow at noon at the Dalhousie Arts Centre box office and will cost \$37.50 and \$32.50. You can also phone 494-3820 or visit sonicconcerts.com. **METRO HALIFAX**

Elderly man dies after 2-car collision

FATALITY A man is dead following a two-car collision at an intersection on Highway 221 and Black Rock Road near Grafton in the Annapolis Valley yesterday.

Paul Maynard of Emergency Health Services said the victim was around the age of 70 and pronounced dead at the scene.

The female driver of the other vehicle was transported to Valley Regional Hospital in Kentville in fair condition.

Two ambulances and a LifeFlight helicopter were sent to the scene of the accident, which occurred at 10:37 a.m. The cause of the crash is under investigation by area RCMP.

METRO HALIFAX

News in brief

FAILED THEFT Halifax Regional Police are looking for two male youths who they believe tried to rob a Tim Hortons on Portland Street in Dartmouth at 5:10 a.m. Tuesday morning. Police say two male youths wearing bandanas forced open the drive-thru window and threatened staff with what was believed to be pepper spray. They then attempted to get staff to open the till, but were unsuccessful. Police say the suspects are around age 16 or 17.

VEHICLE FLIP A driver has escaped with no injuries after the vehicle he was driving lost control on Highway 111 and flipped onto its roof. Halifax Regional Police say the vehicle struck the centre barrier and then the curb before flipping over. The vehicle was extensively damaged. The cause of the crash is under investigation.

METRO HALIFAX

metronews.ca
WHAT'S ONLINE TODAY

Video Canada's spy agency watchdog blasts CSIS over Omar Khadr's prison interview at metronews.ca/canada

Video Gene Simmons and Shannon Tweed create a stir on Parliament Hill at metronews.ca/canada

Lotteries
Lotto 6/49: 3, 5, 16, 26, 40 & 45 Bonus 31
These results are not official.

Lawyer alleges coverup in Tasering

More inconsistencies in police statements found during inquiry into death

PAUL MCLEOD
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The lawyer for Howard Hyde's family is alleging a coverup after more inconsistencies in Halifax Regional Police statements were uncovered yesterday at the inquiry into the man's death.

Officers are denying the charge.

Shannon Coombs, a former special constable with HRP, told the RCMP four days after Hyde's Novem-

ber 2007 Tasering and subsequent death that police officers ordered Hyde to go down to the floor and he refused to obey.

But video surveillance shows a different story. At the time Hyde, who suffered from schizophrenia and was off his medication, was struggling with three police officers at a booking station after being



Howard Hyde

In court today

• Today the inquiry will begin questioning Const. Greg McCormack, the Halifax Regional Police officer who Tasered Hyde.

arrested.

Coombs told RCMP one officer yelled "get down." But surveillance tapes show the officer yelling "get him down," which Coombs now concedes was directed at the other officers.

"It went from Mr. Hyde not being compliant and refusing to get down to that not happening at all," said Hyde family lawyer Kevin MacDonald. "So that is a significant difference."

MacDonald also questioned why several statements yelled by Hyde, such as "I'm sorry" and "What are you doing?" were not in Coombs' notes. He suggested in court she was covering for her coworkers.

"I suggested the reason those statements that we all heard Mr. Hyde say on

the video were not found in her notes or in the police statement is that it would not reflect very well on Ms. Coombs' colleagues," he told reporters.

Coombs denied covering for her colleagues and said it was hard to make things out during the commotion of the struggle. She also said her coworkers did not use excessive force but handled the incident properly.

Coombs said she felt an "overwhelming feeling" of sadness when she learned Hyde had died.

Thousands following Hyde inquiry online, says director

PAUL MCLEOD
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ONLINE It's caused some confusion but webcasting has allowed thousands of people to follow the Howard Hyde inquiry.

About 2,000 computers have been repeatedly logging on to watch the inquiry over the last two weeks, according to the

"We're really in a pilot-project stage for this too because there are a lot of issues that are coming up."

John Piccolo, Nova Scotia Judiciary

Nova Scotia Judiciary's communications director, John Piccolo.

An additional 3,000 IP addresses have logged on at least once since last Thursday.

The inquiry into the 2007 death of the schizophrenic man is streamed live and archived at hydeinquiry.ca.

This is the first time such webcasting has been

done in Nova Scotia other than during a one-day appeal court test run in February.

"In a sense we're really in a pilot-project stage for this too because there are a lot of issues that are coming up," Piccolo said.

Because there are no precedents, much of the inquiry debate has involved the webcasting itself. A government lawyer

said yesterday he plans to argue some security footage shouldn't be webcast for privacy reasons.

CBC lawyer David Coles also argued yesterday the webcast of security tapes wasn't broadcast quality. He requested a DVD copy of the security footage to air on television and upload to the web. Judge Anne Derrick will rule on that July 20.

Halifax Common Kiss concert



A woman walks through the Halifax Common yesterday as crews continue to prepare the stage for Saturday night's Kiss concert. Opening acts include the Trews, Thornley, Econoline Crush, the Novaks and Frankie Whyte.

Theft of 95 propane tanks from station baffles police

PHILIP CROUCHER
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CRIME It's enough propane to feed an army of people for a summertime barbecue.

Halifax RCMP are investigating the robbery of 95 20-pound propane tanks from the Irving station on the 5,000 block of the St. Margaret's Bay Road.

The theft is believed to have taken place sometime after 8 p.m. Monday, when a cage storing the tanks was locked for the night.

Police say store employees discovered the theft of the tanks Tuesday morning when the cage was open and the two locks securing them cut off.

"We usually don't get too many thefts like this," said RCMP spokesman Cpl. Joe Taplin. "It's kind of out of the ordinary as far as thefts go."

"We usually don't get too many thefts like this ... We believe it would have taken more than one person to pull this off."

Cpl. Joe Taplin, RCMP

Taplin said they would be looking at security tapes from in and around the area to try to gather more information. As of now, there are no suspects.

"We believe it would have taken more than one person to pull this off," said Taplin, adding either a van or truck was probably the vehicle used in the robbery.

Anyone with information about this theft is asked to the contact the RCMP, Halifax Regional Police or Crime Stoppers toll-free at 1-800-222-8477.

Church Street renewal gets a boost

The federal government announced yesterday an investment of more than \$350,000 in low-cost loans through a municipal lending program that will be used for the renewal of Church Street. The infrastructure loan is part of Canada's Economic Action Plan initiated by the federal government. **METRO HALIFAX**

Arrrr, tall ships on the horizon

Thousands expected to line waterfront for glimpse of 40 ships

LESLIE PIKE
for Metro Halifax

The Halifax waterfront was busy yesterday as tourists took advantage of the sunny day to walk along the boardwalk.

But crowds will be even larger — much larger — the next five days as thousands descend to the waterfront as tall ships fever hits Halifax.

The ships began arriving for the Halifax portion of Tall Ships Nova Scotia Festival 2009 in the Halifax Harbour yesterday morning, a day before the five-day event officially kicks off.

The Captain Miranda from Uruguay was the first ship to arrive 8 a.m. The boats are going to continue to arrive until tomorrow afternoon.

Forty tall ships are expected in the harbour by 1 p.m. tomorrow when the American ship Eagle, one of the slower tall ships,



Leanne Strathdee, event director for the Tall Ships Nova Scotia Festival 2009, is "captured" by some seafaring friends on the Halifax Waterfront yesterday.

sails in.

Leanne Strathdee, event director for the festival, said they have been busy the last few days setting up hand washing stations and family rest stations to com-

bat fears of influenza A (H1N1), also known as swine flu.

She encouraged people coming to the festival to wash their hands at the stations and to "sit down

and grab a cold drink before heading back out" at the family rest stations while enjoying the festivities.

Strathdee and other members of the festival

Event info

- The Halifax portion of Tall Ships Nova Scotia 2009 runs today through Monday.
- For complete event details, visit tallshipsnovascotia.com.

have been working with the Waterfront Development Corporation Ltd. for the past two years to plan this event.

They began by getting in contact with as many of the tall ships as they could. Because those who work with tall ships don't have "regular office hours" it took a long time to get a hold of everyone, Strathdee said.

Once they made contact with the ships' crews, they were able to get 40 tall ships out of the 400 in the world to participate.

"It's been hard work," Strathdee said. "But it's come together and it's going to be a great event."

Wilcox's superior testifies at trial

MILITARY It's unlikely this is how Cpl. Matthew Wilcox imagined celebrating his 24th birthday, listening yesterday to his former section commander give nearly five hours of testimony on Day 14 of his manslaughter trial into the shooting death of fellow soldier Cpl. Kevin Megeney.

Sgt. Brad Joyce served as Section 3 commander for 1 Platoon during workup exercises and deployment to Kandahar Airfield, Afghanistan in December 2006.

He had eight soldiers under his command who worked for force protection company at one of the main checkpoints into the NATO military base.

Known as Entry Control Point 3, Canadian Forces personnel had been told shortly after arriving at Kandahar Airfield that weapons were to be unloaded once soldiers left their post.

Joyce testified he couldn't remember where and when the order came down forbidding Canadian soldiers who held force exemption cards from carrying around loaded weapons on base.

Joyce also said he couldn't be "100 per cent certain" Wilcox was aware of the Canadian Forces policy on weapons.

Beside manslaughter, Wilcox, a Glace Bay resident, faces charges of criminal negligence causing death and negligent performance of duty in the death of Megeney, a resident of Stellarton.

CAPE BRETON POST



Cpl. Kevin Megeney

News in brief

CHAMPS A Dartmouth teenager helped Team Canada take home top honours at the National Geographic World Championship, held yesterday at the National Museum of Anthropology in Mexico City. Graham Tompkins, 15, was of three young members with the Canadian contingent, which beat out more than a dozen other countries to bring home gold, topping the second place American crew and third place Polish team, a news release said.

TRAFFIC There will be traffic tie-ups at the intersection of South and South Park streets for the next seven weeks as work is scheduled to begin today as part of the Freshwater Brook sewer replacement project.

METRO HALIFAX

IWK's delay on homebirth upsets group

JON TATTRIE
for Metro Halifax

HEALTH The IWK Health Centre's delay in using midwives to facilitate homebirths is unnecessary and limits expectant mothers' right to choose where they give birth, activists said yesterday.

The IWK was chosen as one of three sites in Nova Scotia to integrate midwifery into its primary maternity care team after the Midwifery Act passed March 18. The IWK hired four midwives who are involved in the steps leading up to birth, but not the birth itself. Last week, a hospital press release said

"Homebirth has been proven safe when a woman who fits the screening criteria is attended by a regulated, skilled midwife."

Erin Hemmens, Midwifery Coalition

the IWK homebirth policy "will be approved in the coming months."

"We were told in March that homebirths would be available within two weeks after the midwives were hired. Then we were told it would be a few more weeks, and (now) it will be many months. Well, that will be too late for many women and their families," said Christine Saulnier, co-chair of the Midwifery Coalition of Nova Scotia.

"This is a waste of time and energy for everyone involved — pregnant women, midwives and the IWK. This causes tensions and produces adversarial relations instead of collaborative ones," added Erin Hemmens, co-chair of the coalition.

She argued the Midwifery Regulatory Council's homebirth policy could simply be incorporated by the IWK, "something that would not take this

long."

"Homebirth has been proven safe when a woman who fits the screening criteria is attended by a regulated, skilled midwife," she said.

Jocelyn Vine, vice-president of patient care at the IWK, said it takes time to implement such a big project.

"We've made remarkable progress in the last three months," she said.

The hospital is working with midwives to make sure a safe program is put in place as quickly as possible, she added. She couldn't offer a set date when the homebirthing program would be fully rolled out.

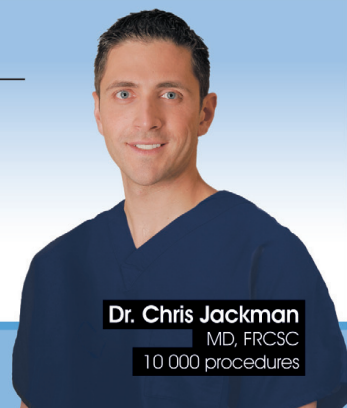
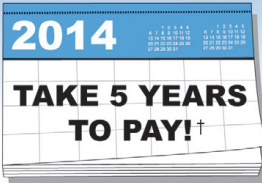
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Canada



Gatti funeral scheduled for Monday

A funeral service will be held Monday morning in Montreal for former boxing champion Arturo Gatti, CBC News Online reports. Gatti's mother said that his body is expected to be returned from Brazil on Friday and the service will take place in a church in the city's Little Italy district. Meanwhile, a lawyer representing Gatti's wife has asked that she be released from jail. She is currently facing murder accusations.

METRO NEWS SERVICES

Former cop plotted shooting, court hears

BANDIDOS TRIAL A former police officer plotted shooting a leader of the Bandidos Motorcycle Club dead when the outlaw biker stepped out on the balcony of his Toronto high-rise apartment for a cigar, a mass murder trial was told by an underworld informer.

The would-be sniper was Michael Sandham, according to the informer, who is now in a witness protection program and can only be identified as M.H.

Sandham's intended target in April 2006 was John (Boxer) Muscedere, Canadian president of the Bandidos Motorcycle Club, M.H. told court.

"He'd (Sandham) go across the street and wait for Boxer to come out," M.H. said of the plot, hatched in early April 2006.

M.H. said Sandham planned to shoot Muscedere dead during one of his cigar breaks. Muscedere was the father of a newborn girl, and would regularly go out onto his balcony to smoke cigars so the infant wouldn't have to inhale the smoke.

Court was told that Sandham became a member of the Bandidos after serving two years as a police officer in rural Manitoba.

TORSTAR NEWS SERVICE

Deaths

- Six Bandido members and associates are on trial for the killing of eight bikers in rural Ontario three years ago.

News in brief

PRANK An abduction case has revealed to be a case of misunderstanding, after police canceled their search for a 16-year-old Edmonton boy. The teen was ripped from a bench at a bus stop by two men, and pulled into a van on Tuesday afternoon, police said. Horrified witnesses contacted police. Those involved then later contacted police after seeing their prank portrayed as an alleged kidnapping on TV.

**GRAHAM MCCANN/
FOR METRO CANADA**

Khadr had 'eyes of a child': Report

Federal watchdog concludes CSIS should have considered age, abuse allegations

Canada's spy service should have considered Omar Khadr's age and the widespread allegations of abuse before interrogating him in 2003, concludes an investigation by an Ottawa watchdog agency.

The Security Intelligence Review Committee report also revealed for the first time details from a CSIS post-interrogation report that said Khadr viewed al Qaida "through the eyes of a child" who didn't know about his father's activities as a terrorist financier (according to the UN) because "he was out playing or simply not interested."

Released as Khadr appeared before a military commission in Guantanamo Bay, Cuba, the report is the latest indictment in Canada's treatment of the Toronto-born captive.

Khadr was 15 when he was shot and captured in Afghanistan following a firefight with U.S. Special

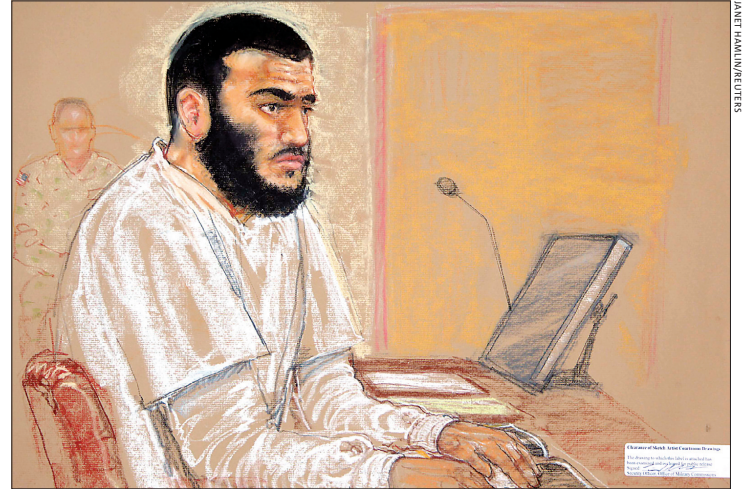
Khadr's father

- The UN listed Khadr's father as a terrorist financier. Pakistani forces killed Ahmed Said Khadr in October 2003, but one of the reasons CSIS was eager to talk to Khadr was to gather intelligence on his father's whereabouts.

Forces and has now spent more than a third of his life in U.S. custody. He is charged with five war crimes, including murder for the death of U.S. Delta Force soldier Christopher Speer.

The SIRC report said that while CSIS had "operational interests" in interviewing Khadr, the service failed by not having special guidelines for dealing with youths, or taking into consideration reports of abuse.

The SIRC report concluded: "In Canadian society, there is long-standing recognition that young people



In this photo of a sketch reviewed by the U.S. military, Canadian defendant Omar Khadr sits during a hearing at the U.S. Military Commissions court for war crimes, at the U.S. naval base in Guantanamo Bay, Cuba, Jan. 19. Khadr is accused of killing a U.S. soldier in 2002.

should be treated differently than adults because they have not attained certain decision-making skills and therefore require spe-

cial protection and guidance."

Agents with the Canadian Security Intelligence Service had interviewed Khadr

twice in 2003, before a federal court injunction stopped further interrogations.

TORSTAR NEWS SERVICE

Cape Canaveral She's finally off



Canadian Space Agency astronaut Julie Payette blows a kiss to the camera as she prepares to board the space shuttle Endeavour on its sixth and successful attempt at launch at Cape Canaveral, Fla., in this image from NASA TV yesterday. The mission will feature five spacewalks and complete construction of the Japan Aerospace Exploration Agency's Kibo laboratory. Astronauts will attach a platform to the outside of the module that allows experiments to be exposed to space.

Ontario aims for greener traffic

POLITICS The Ontario government wants one in every 20 cars on provincial roads to be electric by 2020, and to get there, it is promising rebates from \$4,000 to \$10,000 to those who buy a plug-in hybrid after July 1, 2010, Premier Dalton McGuinty announced yesterday.

"We want to make it easier to buy green cars," McGuinty told a press conference at

Ontario Premier Dalton McGuinty wants one in 20 cars on the province's roads by 2010 to be electric, such as the Chevrolet Volt, a plug-in hybrid that can run up to 40 miles on charged batteries.

dealership in Toronto's west end. The cash incentive is meant to ease the sticker price for plug-in hybrids, which are expected to cost around \$40,000.

"We want people to become comfortable with these new technologies and help them become

more widespread in the marketplace," McGuinty said.

However, auto analyst Dennis DesRosiers called the cash incentive a bribe.

"It is foolish policy," said DesRosiers. "It is misdirected, not thoroughly thought through. There is much more the Ontario government can do to green the auto sector."

McGuinty also announced yesterday plans to buy 500 electric vehicles for the government fleet and promised to set up a system of reliable charging stations — integral to the widescale uptake of electric vehicles. Recharging capacity will be available in some government-owned and GO Transit parking lots.

TORSTAR NEWS SERVICE

Clinton heading to Pakistan

U.S. Secretary of State Hillary Clinton said yesterday she will go to Pakistan in the fall, saying that the U.S. goal of defeating al Qaeda and its Taliban allies required working with Pakistan. **REUTERS**

World



Dozens of doctors probed in Jackson's death

California's attorney general said yesterday his office has run dozens of doctors' names, some of them thought to be aliases, through its prescription drug database to aid police investigating the death of Michael Jackson. Attorney General Jerry Brown's office monitors all over-the-counter prescription transactions in California. Brown declined to say if he thought murder or manslaughter charges could be brought in the case, but said those kinds of crimes could not be ruled out "any time you've got a dead body and you've got chemicals in large quantities." **REUTERS**

Obama prods Congress on U.S. health care bill

Saying it was "time to get this done," U.S. President Barack Obama pressed yesterday for swift congressional action on health care after a Senate panel approved a bill to overhaul the \$2.5-trillion industry.



Obama

Panels led by his Democratic Party have stepped up activity on legislation that would meet Obama's goal of guaranteeing all Americans health care coverage, but they remain far from resolving the thorniest issue — how to come up with about \$1 trillion over 10 years in new taxes or savings to pay for it. The first of five congressional panels to act, the Senate health committee approved on a 13-10 vote legislation that would set up a government-run insurance program to compete with private insurers. Obama praised the panel's action, but appealed to Americans to get involved,

saying at the White House, "It's time for us to buck up Congress, this administration, the entire federal government, to be clear that we've got to get this done."

The Senate bill would require most Americans to obtain health insurance and require employers of more than 25 workers to provide coverage or face a \$750 per worker penalty. Insurers could no longer bar people with pre-existing conditions.

Most Americans have health insurance that is partially paid by their employers, but an estimated 46 million have no coverage. Insurers oppose the government-run health plan and say it would not lead to lower costs for consumers.

The National Federation of Independent Business,

who worked to derail President Bill Clinton's reform push in the early 1990s, warned lawmakers that the House bill would harm U.S. jobs and that it fails to meaningfully curb costs. **REUTERS**

168 killed in Iran plane crash

TUPOLEV A Tupolev aircraft crashed in Iran yesterday on its way to Armenia after catching fire in mid-air and plowing into farmland, killing all 168 people on board just 16 minutes after takeoff.

In the worst crash in Iran for six years, the Russian-built Caspian Airlines plane left only scattered bits of incinerated metal and fragments of the bodies of 153 passengers and 15 crew

across a wide area around a deep smoking crater in the ground.

Eight members of Iran's national junior judo



A man stands at the site where a Tupolev Tu-154 passenger plane crashed north of Tehran yesterday.

do team and two coaches were among the dead as well as a former Iranian MP representing Iran's Armenian minority and, reportedly, the wife of the head of Georgia's diplomatic mission in Iran.

"I saw a finger of a passenger on the ground. There is no sign of the airplane, just small pieces of metal," said a witness. "I do not see even a complete leg or arm."

A local official said the

aircraft had technical problems and tried to make an emergency landing. "Unfortunately the plane caught fire in the air and it crashed," he told the the FARS news agency.

Air safety experts have said Iran has a poor record, with a string of crashes in the past few decades — many involving older Russian-made aircraft.

It was the third deadly crash of a Tupolev Tu-154 in Iran since 2002. **REUTERS**

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*See individual stores for details.



Russian rights activist found murdered

RUSSIA A prominent human rights activist was found dead after being kidnapped in Russia's troubled republic of Chechnya yesterday, provoking outrage from President Dmitry Medvedev. Natalia Estemirova, a close friend of murdered Russian journalist Anna Politkovskaya, worked a human rights organization and documented abuses by law enforcement agencies, colleagues said.

Estemirova

- Well known to diplomats and human rights activists in Russia, Natalia Estemirova was the inaugural recipient in 2007 of the Anna Politkovskaya Award, named after her murdered friend, given by the charity Reach All Women in War.

The murder is the latest in a series of killings of journalists and human rights defenders in Russia which has drawn international condemnation and led to questions about Medvedev's pledges to build a freer society. **REUTERS**

News in brief

AFGHANISTAN The death toll for foreign troops in Afghanistan halfway through July equalled the highest for any month of the eight-year-old war, tallies showed yesterday. Authorities announced a

U.S. soldier had been killed by a bomb and two Turks had died in a road accident, raising the toll of allied foreign fatalities in the first half of July to 46, equal to full month highs set in August and June 2008. In

the two weeks since U.S. and British troops launched massive assaults, Western troops have died at an average rate of three a day. **REUTERS**

Taiwan Anniversary observed



Relatives of victims of "White Terror" walk past a pond full of lilies during a memorial to mark the 22nd anniversary of the end of martial law, in Taipei yesterday. The White Terror period began in 1947, during which a military crackdown took place against dissidents.

Israeli soldiers allege excessive force used

MIDDLE EAST Some Israeli soldiers who took part in the January invasion of the Gaza Strip say they were encouraged by commanders to shoot first and worry later about civilians, and went into Gaza with guns blazing.

Testimony from 30 veterans of Operation Cast Lead, published yesterday by the activist group Breaking the Silence, lends credence to charges by Amnesty International, Human Rights

Watch and UN agencies that Israeli forces inflicted civilian death and destruction on an unjustifiable scale.

But the report drew an angry reaction from the military — which has already rejected war crimes charges by international groups — rebutting the allegations.

In print and video testimony, almost all of it nameless and digitally blurred, soldiers say the army's

Gaza imperative was to minimize its own casualties to maintain public support.

"Better hit an innocent than hesitate to target an enemy," was a typical description by one unidentified soldier of his understanding of instructions at pre-invasion briefings and during the 22-day operation, from Dec. 27 to Jan. 18.

"If you're not sure, kill. Fire power was insane," says another. **REUTERS**

Comment & Views

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Comment

It's all in the approach

Relating

Sofi Papamarko

metronews.ca/papamarko

A man walks into a bar. He spots a seated brunette that he'd very much like to get to know. He approaches, says something witty, offers to buy her a drink. Looking bored, she declines. She's waiting for some friends. Thanks for the offer, though.

"Shot down!" he thinks. "Women in this city are so cold."

It's been long believed that women are pickier than men when selecting sexual partners. This makes perfect sense from a biological

standpoint; women have more at stake. When it comes to reproduction, females invest nine months, plus 18 or so years of child rearing. Men invest approximately nine minutes. That women are more discerning than men about their choice of mate seems logical. But a new study published in Psychological Science puts this idea through the ringer.

In their study on romantic selectivity, Eli J. Finkel and Paul Eastwick put a fascinating spin on the activity of speed dating. Generally, women are seated during speed-dating events while men rotate around the room, a trend that likely stems from the social construct that men typically initiate approach. Finkel and Eastwick experimented by also having the women rotate while the men remain seated. At the end of

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

the sessions, they had the participants indicate their levels of interest in the people they "dated." The results were surprising. No matter the gender, the Rotaters demonstrated a higher interest in the people they approached than the Sitters demonstrated in the people who approached them.

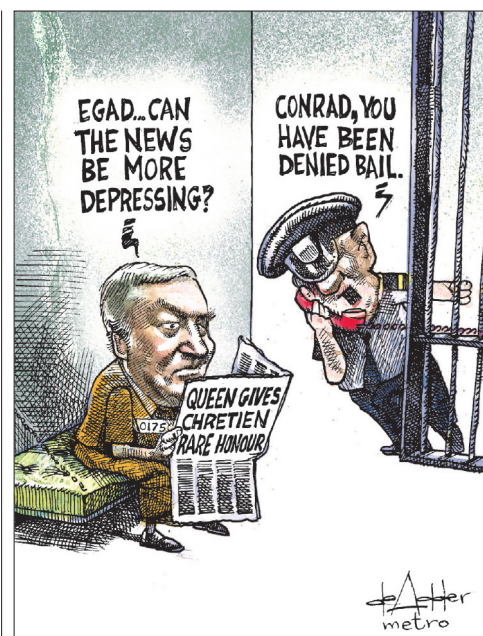
Wait, what?

"It's true that we approach people when we're interested in them," Finkel told Metro via email. "A more subtle effect is that the mere act of approaching people makes us interested in them. Our bodies influence our mind in mysterious ways, and one of them is this effect of physically approaching on ro-

mantic attraction ... perhaps women tend to be choosier than men because they (women) are much less likely to engage in physical pursuit — for example, by approaching a man in a bar." Approaching someone increases adrenaline, confidence and triggers a host of other physiological and psychological reactions the person being approached does not share.

Don't let this study deter you from chatting up the dreamy dreamboat of your dreams, however. As The Great One once said: "You miss 100 per cent of the shots you don't take." But maybe the next time you're interested in someone, you can beckon them over, seated comfortably at your table all the while.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



Worth mentioning

Colombia calls off hunt for drug lord's hippo

Colombia has called off the hunt to kill a drug lord's escaped hippo and will instead try to relocate the beast after its mate was shot dead by order of the government, sparking outrage from animal rights groups.

The giant animals were imported from Africa by late cocaine king Pablo Escobar and put in his zoo. They escaped in 2006 to live in the wild near the Magdalena river in northern Colombia, causing concerns about local public safety.

Colombia was shocked Friday when photographs were published of the dead hippo, named "Pepe," and

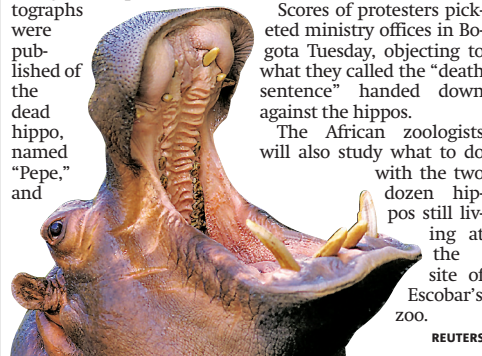
by news the hunt was still on for his mate, "Matilda," who gave birth to a calf in the wild.

Bogota-based beer company Bavaria, owned by SAB-Miller, offered to bring in animal protection experts from South Africa and Tanzania to find the best way to care for the surviving hippo and her calf.

"We have accepted Bavaria's offer. The hunt is off," a spokeswoman for Colombia's Environment Ministry told Reuters yesterday. "The idea is to relocate the animals."

Scores of protesters picketed ministry offices in Bogota Tuesday, objecting to what they called the "death sentence" handed down against the hippos.

The African zoologists will also study what to do with the two dozen hippos still living at the site of Escobar's zoo.



Views

First Nations and economic independence



Chief Clarence Louie

The importance of economic independence for First Nations starts with a basic proposition: Individual band members must be provided an opportunity to provide for their families through self-generated income, not be forever dependent on underfunded federal grant programs.

What good will it be if a First Nation receives wealth from oil and gas money, casino money or government transfer payments, or a one-time multimillion-dollar land claim settlement if a majority of their people remain on welfare?

A band does not owe its membership dependency on welfare programs but rather it owes them an opportunity to become economically independent through employ-

ment and business development.

The success of a First Nation community within the Canadian economic framework cannot be attained until there are equal chances for First Nations to be educated and provided with an opportunity to put their training to work. Nothing rips a nation state apart more and causes dependency than an unemployed population. The idleness of unemployment is a major sickness in most First Nation communities.

The enemy to First Nations truly participating in the Canadian economy is the perpetuation of the attitude that the First Nation problem can be solved through social expenditures. The current 100-year-old failed government formula of 96 per cent social spending versus four per cent for business investment has left most First Nations with an unemployment rate that far exceeds

FocusOn First Nations

the Great Depression.

An employment economy creates a healthier population than handouts. As one past national chief said, "A healthy person is a working person." Many native youth are being slowly destroyed by the absence of real employment opportunities. Offering youth a welfare cheque leads to a sense of hopelessness and a lazy attitude.

When an individual gains economic independence, just as when a First Nation gains economic independence, then good health in a holistic lifestyle becomes possible.

The Assembly of First Nations is one of many venues in which we must present a united front to Canadians and the Canadian government to organize economic opportunities for First Na-

tions. The AFN's role should not be to "complain" about our situation, but to "proclaim" our intention to develop our resources, seek out joint ventures and strengthen our economy so we can manage our own future and reclaim our inherent right as First Nations to fully participate in the economic development of our traditional territories.

I have said it many times, "There is no dignity in a welfare line" and the very best social program is a decent self-supporting job.

We ask business leaders and entrepreneurs, corporate Canada and their bankers to work with us to ensure that a decade from now self-generated income for First Nations in Canada has outpaced the welfare dollars sadly provided to First Nations.

Chief Clarence Louie heads B.C.'s Osoyoos Indian Band, where he initiated development of nine businesses on band lands.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Amazon hit with suit over Kindle cover design

Amazon.com Inc. has been sued by a user of its Kindle electronic reader who claims the device's cover, which is sold separately, can break the screen and make the device inoperable. **REUTERS**

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Business

EDITOR: FERMIN.DESOUZA@METRONWS.CA

BMO revamps cards

Hopes to nab market share, 'top-in-wallet spot'

Bank of Montreal is revamping its credit card portfolio, eliminating some cards while boosting rewards and discounts on others, as it tries to snag a bigger slice of Canada's growing card market.

Toronto-based BMO, a MasterCard issuer, aims to poach market share from American Express in the competitive "no-fee" card category and from Canadian Imperial Bank of Commerce in the cutthroat travel card segment.

Nancy Marescotti, director of brand marketing and card management, said yesterday that BMO wants to move its cards to the "top-in-wallet spot." Its strategy to capture more market share, however, comes when rivals have

Top card issuers in 2008

The Nilson Report's ranking of top Canadian credit card issuers in 2008 based on outstanding balances:

- CIBC — \$14.41 billion
- RBC — \$12.97 billion
- Scotiabank — \$9.70 billion
- Bank of America (MBNA) —

\$9.20 billion

- BMO — \$7.54 billion
- TD Canada Trust — \$7.19 billion
- Fed. Desjardins — \$5.50 billion
- Canadian Tire — \$3.85 billion

chosen to curb card lending because of rising losses during the recession.

CIBC, which administers Canada's largest credit card portfolio, hit the brakes on growth during the second half of fiscal 2008. Canadian Tire Corp. lowered spending limits for inactive cardholders, while TD Canada Trust cracked down on late payers. Amex Bank of Canada,

meanwhile, raised rates on some American Express cards in February.

Earlier this year, BMO boosted collections staff and began to proactively identify "high-risk" accounts. The bank is now taking a longer-term view of growth in its bread-and-butter retail bank, and enhancing its cards is part of that larger strategy.

TORSTAR NEWS SERVICE

Dollar soars to one-month high, nears 90 US cents

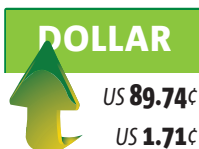
CURRENCY Canada's dollar vaulted to its highest level against the U.S. dollar in more than a month yesterday, helped by improved hopes for a global economic recovery and equity-market rally that fuelled risk appetite.

Late in yesterday's session the dollar rose as high as \$1.1117 to the U.S. dollar, or 89.95 U.S. cents. That marked its highest level since June 12

and lifted it further above last week's seven-week low.

The dollar closed at \$1.1143 to the U.S. dollar, or 89.74 U.S. cents, well up from \$1.1360 to the U.S. dollar, or 88.03 U.S. cents, on Tuesday.

Helping the Canadian dollar was increased optimism about a global recovery after the U.S. Federal Reserve said the U.S. recession was ending. **REUTERS**



Major iPhone game developers hit back at iPhone upstarts

GAMING As the iPhone becomes a popular mobile gaming device, large game publishers are going head-to-head with smaller developers who found early success on the device.

Apple's App Store is crowded with about 13,000 games, and gaining the attention of users is a challenge. Publishers like Electronic Arts and Glu Mobile have a huge advantage due to their deep pockets. **REUTERS**

Business in brief

FORECAST The world's richest economies will grow again before year-end as the chokehold of the worst recession in generations gradually eases, but polls show doubt about the recovery's strength. Surveys of more than 150 analysts across the Group of Seven nations showed higher growth expectations for most countries, although forecasts for 2010 remain sluggish. **REUTERS**

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The foundation of the New York Islanders' rebuilding project has been put into place as the franchise signed centre John Tavares to a three-year, entry-level contract yesterday. The Isles selected the highly-touted prospect first overall in last month's NHL Draft after four sterling seasons in the Ontario Hockey League. **METRO NEWS SERVICES**

Sports



Cocaine ban avoided

France's Richard Gasquet has been cleared to return to the tour after testing positive for cocaine, the International Tennis Federation said yesterday. The world No. 32 was provisionally suspended in May after a sample he had provided in March in Miami tested positive for a metabolite of cocaine. Gasquet said he ingested the drug when kissing a woman at a Miami nightclub. **REUTERS**

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NHL unveils schedule

Sakic's number to be retired by Avalanche on opening day

The National Hockey League announced the 2009-10 regular-season schedule yesterday, and the retirement of Joe Sakic's No. 19 by the Colorado Avalanche highlights the opening night festivities on October 1.

Sakic, who announced his retirement last week after a stellar 20-year career with the same organization, will have his number raised to the Pepsi Center rafters before Colorado battles San Jose, one of four scheduled games as the league drops the puck on the new campaign.

Four Canadian teams will also be playing on opening day.

The Toronto Maple Leafs will host the Montreal Canadiens, while the Vancouver Canucks will take on the Flames in Calgary.

The scene then shifts to Europe with four teams participating in the NHL Premiere event in Sweden and Finland on October 2-3. In back-to-back games,



NHL commissioner Gary Bettman announces yesterday that the 2010 Winter Classic hockey game will be played at Boston's Fenway Park. The Boston Bruins will host the Philadelphia Flyers.

the Detroit Red Wings and St. Louis Blues will clash in Stockholm, while the Chicago Blackhawks and Florida Panthers will meet in Helsinki to open play.

Back stateside on October 2, the Pittsburgh Penguins begin defence of the Stanley Cup against the

New York Rangers and unfurl their championship banner.

One of the most anticipated events of the regular season is the NHL's third Winter Classic. On New Year's Day, the famed Green Monster will provide the backdrop as the Bruins host the Philadel-

phia Flyers at Boston's Fenway Park.

The league takes a respite six weeks later while the players suit up for their respective countries at the Olympics in Vancouver. The NHL season resumes March 1 and concludes on April 11.

METRO NEWS SERVICES

Tiger heavy favourite to win British Open

GOLF Tiger Woods goes into this week's British Open as heavy favourite to clinch his 15th major crown on a Turnberry layout which has consistently rewarded the game's top players.

Tom Watson, Greg Norman and Nick Price won the previous three editions held at the par-70 Ayrshire links course, each of the trio doing so when at the pinnacle of the sport.

"(They) were some of the best ball strikers," Woods said in the buildup to today's opening round, referring to the victory by Watson in 1977, Norman (1986) and Price (1994).

"At this golf course you can understand why. You really do have to hit your ball well here. You just can't fake it around this golf course. You have to hit good golf shots."

The odds

- Tiger Woods has been installed as a 9/4 favourite by British bookmakers William Hill.
- Spaniard Sergio Garcia and Britons Ian Poulter and Lee Westwood are next best at 28/1.

Peter Dawson, chief executive of Open organizers the R&A, echoed the widespread feeling that Turnberry could become another successful hunting ground for Woods.

"The three winners we've had in the past were arguably the number one player in the world each time," he said. "Whether that will be repeated this week remains to be seen but he (Woods) is the man to beat." **REUTERS**

Boys junior championship leader posts course-record 7-under-par

GOLF Eric Locke of Digby Pines went low, very low in Round 3 of the boys Nova Scotia Golf Association junior championship yesterday at the Seaview Golf and Country Club in North Sydney.

Locke, the leader through two rounds, posted a course record seven-under-par 64 to take a commanding four-stroke lead into today's final 18 holes.

Locke had no blemishes on his card. He posted four birdies on the front nine, three on the back and everything else was par.

Locke is four strokes ahead of Truro's Eric Banks, who moved into

second place with a strong round of his own — a three-under 68.

Ken-Wo's Ally Tidcombe, who went into Round 3 a stroke behind Locke, fired a one-under 70 to sit at plus-1 for the tournament. Ken-Wo's Sam Holland, who last week won the men's amateur championship, is alone in fourth, 11 strokes off the pace.

On the girls side, Bedford's Irene Jung of The Links at Penn Hills continues to be way out front. The 15-year-old shot a 78 yesterday and now enjoys a very comfortable 19-stroke lead over Northumberland's Brynn Tomie.

METRO HALIFAX

'It's a big thing for the community'

Player from N.S. First Nation surprised to be an NHL pick

MATTHEW WUEST
matthew.wuest@metronews.ca

Ashton Bernard wasn't ranked for June's NHL draft and didn't even bother to follow it on the Internet.

In fact, he was sitting with a friend in a restaurant in Charlottetown, eating a cheeseburger for lunch — oblivious to the fact the New Jersey Devils had just picked him 174th overall — when his cellphone rang. It was his agent.

"I knew the draft was going on and when I saw him calling, I said, 'No, this can't be happening,'" said Bernard, who hails from the First Nations community of Eskasoni, N.S.

"He said, 'Ashton, congratulations!' I said, 'What did I do?' He said, 'You've been drafted in the sixth round to New Jersey.' I had to hang up and call my par-

ents right away."

He was too excited to finish the burger.

Bernard, who plays in the Quebec Major Junior Hockey League, is a good-news story for the small community of about 4,000. It has struggled recently with suicides and drug overdoses among youth, including four suicides in five months earlier this year that prompted the reserve to declare a crisis.

The 19-year-old was the second hockey player

FocusOn First Nations

er from Eskasoni to be drafted. He is proud to follow in the footsteps of his role model, Atlanta Thrashers draftee Chad Denney, and hopes he can inspire First Nations youth to do the same.

"It's a big thing for the community, especially for the kids growing up playing hockey,"

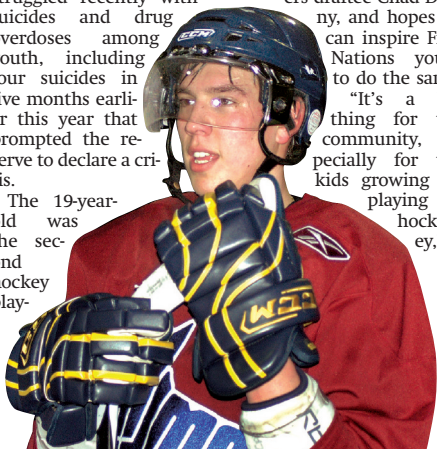
Bernard said. "It could really open some doors for them. Growing up there is hard, you know? It's only a good thing for this to happen to me."

The six-foot-four, 203-pound Bernard is a self-described "enforcer" who relishes playing a rugged game.

Kids in his community will get a first-hand look at Bernard this season as he chases his NHL dream. He was traded in the off-season to the Cape Breton Screaming Eagles, a team located less than an hour from his hometown.

"I know a lot of people who already have season tickets," Bernard said.

"We have a lot of kids growing up that are great hockey players. I hope they follow the right path."



Ashton Bernard

Sports in brief

SPECIAL OLYMPICS Over 900 athletes from across Atlantic Canada will be in Halifax this weekend for Special Olympics Nova Scotia. The opening ceremonies take place tomorrow at 5 p.m. at Huskies Stadium, with the same venue home to the closing ceremonies Sunday at 4 p.m. Events for the weekend include athletics, swimming, bowling, soccer, softball and powerlifting.

BASEBALL The World Series champion Philadelphia Phillies made it official yesterday and

signed veteran pitcher Pedro Martinez. Terms of the deal were not disclosed, but various reports indicated it to be a one-year deal worth about \$1 million US plus another \$1.5 million in incentives.

HOCKEY The Montreal Canadiens have re-signed forward Guillaume Latendresse to a one-year contract. Terms of the deal were not disclosed. Latendresse scored 14 goals and added 12 assists for 26 points in 56 games last season.

METRO NEWS SERVICES

Chairsource's take on noir

Here's another item from Chairsource's Modern Noir line of furnishings. Chairsource offers residential, contract and commercial options for its wide array of furniture. See chairsource.ca for more. **METRO NEWS SERVICES**

**A source for chairs**

Featuring some of the most exciting and eclectic collections of furniture available, the new line from Chairsource, near Toronto, offers even more cutting edge selection, such as this item from their Modern Noir line. See chairsource.ca for more.

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Bountiful blueberries

BY SIGNE LANGFORD

Nova Scotia is the second largest producer of wild blueberries in the world (Maine in the U.S. is number one), and throughout late August and September, when the berries are ripening, harvesters celebrate — Down East style. After long hours of hand-raking, crouched over patches of low-bush berries, it's time for a party!

At the Nova Scotia Wild Blueberry Harvest Festival (wildblueberryfest.com), folks enjoy all things blue, at events ranging from pancake breakfasts to a pie-eating contest.

So what's all the celebrating about? Well, as the First Nations peoples knew, this incredible fruit has a lot to offer. They enjoyed both fresh and dried berries and also used them medicinally, to treat coughs and as a relaxant during childbirth. Sometimes they even crushed them to create a dye. Blueberries helped see native and settler alike through tough winters. In 1615, Samuel de Champlain sampled a Native American pud-

ding of blueberries, cornmeal and honey called sautautig, and during the American Civil War, Yankee troops were supplied with canned wild blueberries.

Not all blueberries are created equal. The wild version is smaller, sweeter and more flavourful than its cultivated cousin, and also has almost twice as much antioxidant capacity — the ability to protect cells from damage. And with every study, there's more good news. Early evidence suggests blueberries are a powerful anti-inflammatory,

heart, brain and urinary tract health.

For many East Coast families, managing and harvesting wild blueberry patches has been a treasured — albeit back-breaking — way of life for generations. Today, only the east

Halifax, has an intimate connection to wild blues. Her partner's family runs a third-generation patch in Colchester County, and this summer, her restaurant will be serving

wild low-bush blueberries from the farm during the height of the season. "Low-bush

berries have the greatest flavour, and picking them at the juiciest moment is critical for taking customers back to days spent at U-picks," says Jennie. "Nova Scotians grow up picking berries, so they know the flavour of truly ripe ones — a taste unparalleled by the ones sold in most grocery stores."

Although fresh wild blues are only available for a precious few weeks in late summer, frozen and dried are available all year. Now, that's something we can all celebrate!

coasts of Canada and the U.S. have the perfect terrain and climate to produce them; these regions process and export millions of pounds worldwide. Jennie Dobbs, owner of Morris East restaurant in



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PHOTO COURTESY OF THE WILDBLUEBERRY ASSOCIATION OF NORTH AMERICA

An entertaining multitasker

Keeping a bag or tub of these versatile little berries in your freezer at all times will mean you'll never be at a loss for ideas, inspiration or a nutritious snack.

- For an elegant side dish, whip up a quick compote of wild blueberries, maple syrup and port to serve with pork, duck or game meats. To make a beautifully simple dessert, simmer blueberries with maple syrup or honey, then drizzle the warm mixture over the best-quality vanilla ice cream you can find. Behind the bar, dazzle guests with a frozen blueberry daiquiri.

- Blueberries are the star of any brunch, from a blueberry yogurt smoothie to fresh muffins served piping hot from the oven to an easy homemade preserve. For an everyday healthy treat, toss a handful into your morning oatmeal or cereal.

- Wild blueberries are the natural choice for baking. Their skin is thicker than that of their cultivated counterpart, so they hold their shape in quick breads or cakes and won't turn the batter blue. Added bonus: More skin equals more good-for-you fibre!

- During blueberry season, bears will eat nothing but. Biologists have tracked bears that have trekked more than 20 km a day on an empty stomach to sniff out a berry patch.

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Check out the decal on the back of these chairs, left, from the Taylor Steel line at Chairsource. They have tables too, right, also from Taylor Steel. See chairsource.ca for more. **METRO NEWS SERVICES**

Common law: More complex

LegalMatters

Elias Metlej

metronews.ca/legalmatters

Four years and more than \$80,000.00 later, the separation was complete. But this couple was not married and didn't own the house together.

The rights and responsibilities of common law partners are often overlooked, and not considered as seriously as those of married couples. If you own your home, but allow someone to live with you as common law, you must carefully consider what you are entering into. A common law relationship exists when two people, who are not married, live together in a marriage-like relationship.

While Nova Scotia laws dictate the rights of married couples, the rights of common law couples are not as clearly defined. Ironically, some people select common law living to avoid the legal complications of marriage. However, living as common law has proven to be more complex, especially if there is no agreement on key issues.

For example, if a person who owns a house dies without a will, their common law partner may not have any entitlement to the property or the proceeds if it is sold. Conversely, while your intentions may be to leave your home to a family member, your common law spouse may have a claim against your estate depending on the circumstances.

To best protect yourself, you can set out the terms of your relationship in a cohabitation agreement. This document formalizes the interests and intentions of common law spouses. While the agreement can address numerous legal issues, it should explicitly establish how property and debts will be divided if the relationship ends.

Cohabitation agreements can be created before a couple starts living together or at any time during the relationship. Each spouse should get legal advice before the agreement is signed.

Elias Metlej is a real estate lawyer with the Halifax firm Blois Nickerson & Bryson. You can write to Elias at askelias@yahoo.com

Green homes for young, old

Families today are worrying about more than just the number of bathrooms in a potential house. They want an environmentally friendly home that helps to reduce their carbon footprint, without sacrificing comfort or style.

Located off Purcell's Cove Road, the new community of Ravenscraig at Fleming Park is offering up eco-friendly homes on a silver — and probably recyclable — platter.

These single-family homes are built using insulated concrete form (ICF) technology, which helps to lower energy bills. The special material that forms the walls helps the home maintain an even temperature, and blocks out unwanted noise.

The planet-loving "community within a community" has been sparking interest with both young families and empty-nesters. The development even features two different model homes — one that shows mom



The model home of Ravenscraig at Fleming Park features cozy spaces for family fun.

and dad how to arrange the space for their tots, and another model that highlights the ways that older

potential owners could age comfortably in their own home.

Denise Hermanson of Denise Hermanson Design tackled the interior design of the model homes. For the home targeted to young families, she took her inspiration from the kitchen.

"I based my colour scheme around the beautiful aqua back-splash," Hermanson said. "I wanted to add shots of this colour throughout the home — in different tones and shades — to unify the space."

From deep turquoise goblets on the dining room table to chocolate brown-

and-aqua throw pillows in the living room, Hermanson created a home that's not only uniform, but truly homey. Woven stools are pulled up to the kitchen counter, ready for a quick before-school breakfast. A little girls' room is all set up for a tea party. A colourful, sports-themed boys room has a jean jacket casually tossed over the bed. It's the kind of home a young couple could easily picture themselves settling into.

But when you walk down the street at Ravenscraig, don't expect to see nothing but a parade of

strollers. Ravenscraig is also making quite an impression on couples whose children are all grown up. Its close proximity to parks and lakes is making it an inviting place to spend those golden years. There is even dedicated space for a future elevator, so homeowners don't need to worry about stairs as they age.

Homes at Ravenscraig at Fleming Park range from 2,007 to 3,579 square feet, and cost between \$379,000 and \$619,900.

polycorp.ca/ravenscraig

Heather Clarke is a Halifax-based writer with a penchant for pretty things.



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Bring outdoors into the house

HomeScape

Sylvia Putz

metronews.ca/homescape

Summertime is finally, gloriously, upon us, so now is the time to luxuriate in its lazy, casual vibe.

Walk around barefoot, put on your skimpiest clothing, barbecue to your heart's content, and dine or linger outdoors.

To maximize your enjoyment of the season, you'll want to blur the line between outdoors and indoors. You'll want to push normal "inside" activities outdoors with things like the traditional screened porch, and dining on the patio. But you'll also want to bring that luscious summery light indoors.

For me, summer with its relaxed emphasis on enjoying the season, and the lack of any sense of for-

mality and fussiness, is a state of mind to be envied and sought after. One way to try to create that air of relaxation and easy living inside is to create an atmosphere that emphasizes comfort and informality inside the house.

Some people call bringing this feeling into the home the "cottage" look, but you can certainly create this look and feel, and keep it as a year-round style of decor, with a few accent changes to relate to the time of year. With cottage style, there's a lot of latitude.

Cottage style can take any number of themes, but whichever theme you opt for, there are some basics. The "cottage" look is above all, airy and light, casual and easy. It means you are bringing the relaxed feel of the summertime inside, and keeping it there throughout the year. It involves light colours, airy spaces that allow light and air to flow, and fabric finishes usually in toile, chintz, floral or plain fabric. Slipcovers

work well, rather than anything dark or leathery. Furniture is usually not brand-new and shiny, but often looks weathered or is often painted over in light colours. Floors are usually natural wood, with rugs or stenciled accents.

The look is often thought to be a mix of "country" and "rustic", but can be other things too. In any case, anything formal or fussy is definitely out.

At its heart, cottage style relates to how you enjoy your summer, and where you live or spend your summers. For some of us, it is the sea or a large lake, with its blues and moody greys that best represents summer. Finds from the shore, such as shells and driftwood, lobster trap pieces, and polished stones or glass can look wonderful as accents. As the seasons change, you may substitute more seasonal accents, but the colours and themes remain.

For many of us across

the country, summertime means heading up north to a rustic cottage beside a quiet misty lake, complete with canoe paddles mounted in an X-pattern over the fireplace. Cheesy as it may sound, this look works well in cottage country. But it can work in an urban space amazingly well — set aside the cheese factor, but stick with the rough-hewn wood and twig accents, and use earth tones.

For others, summer means gardening, and to bring the garden look indoors, you simply bring inside items that fit into that theme. For example, bring inside bright white or natural wicker furniture, or an antique watering can. Use floral throw pillows, and consider painting some parts of your decor in the light pink and green. This works well if your cottage is away from a lake, or sits amidst a meadow. It can also work well in an urban or suburban setting.

Other themes that bring the outside inside might



The "cottage" look is a good way to bring the summertime outside into your homescape.

be a "Malibu" beachhouse or surfing theme, complete with bright colours and modern finishes. A vintage theme can be a fine idea too. Really, anywhere your imagination takes you is fine. Just concentrate on the pleasures of summertime as you experience them, and you'll come up with a unique way to invite the summer into your home to stay.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

Budget shortfall

Only 29 per cent of women say they budget or estimate how much a weekday dinner will cost, and a staggering 10 per cent of women flat out refuse to eat leftovers, according to a new poll from ShopSmart magazine, from the publisher of Consumer Reports. **METRO NEWS SERVICES**

11

Food

Mike's Hard Pink Lemonade has partnered with Canadian Breast Cancer Network (CBCN), to raise funds in support of its important work.

METRO NEWS SERVICES



Cheers!

Twenty-five per cent of the profit from the sales of Mike's Hard Pink Lemonade will go to the CBCN.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Viva Italia!

While riding our roller-coaster economy has made many wine aficionados queasy enough to turn to inexpensive juice from North and South America; the lone Old World country that seems to be keeping its customer base on track is Italy. Much of Italy's success comes from its ability to be just about everything to everybody. It's a long country with twenty different regions and three distinctive climate zones, which allows it to produce a wide variety of wines that are — for the most part — very consistent and extremely approachable right out of the bottle.

Italian grapes and geography have become synonymous with wine culture. I mean, even a diehard rum drinker has heard of Tuscany's Chianti region. That familiarity has made rich, plummy wines like **Frescobaldi's 2005 Nipozzano Chianti Rufina Riserva (\$21.75 - \$27.95)** modern classics.

Though Pinot Grigio is now grown just about everywhere, **Santa Margherita's 2007 Pinot Grigio (\$16.95 - \$21.25)** was the first to bring the grape to the masses; making its clean, crisp personality a benchmark for Italian whites and opening the door for hundreds of imitators.

Try either with some homemade pasta or a pie from your favourite pizza joint.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

An apple sauce and butter cake

Pork Fillet with Apple Mustard Sauce

SERVES 4

INGREDIENTS:

- 3/4 cup (175 ml) chicken stock
- 1 1/3 lb (600 g) pork fillet
- 2 small dessert apples
- 4 scallions
- 2 tbsp (25 ml) olive oil
- 1 tbsp (15 ml) all-purpose flour
- 1 sprig of fresh thyme
- 3 tbsp (45 ml) wholegrain mustard
- Salt and black pepper
- 5 tbsp (75 ml) heavy cream
- 2 tbsp (25 ml) Calvados or brandy
- Garnish:**
- 4 sprigs of thyme

METHOD:

Put chicken stock on to warm through. Trim off fat and tissue from pork fillet, then cut into 1/2 in. (1 cm) slices.

Rinse, quarter, core and slice apples, and rinse, trim and chop scallions. Set aside.

Heat oil in large frying pan, add pork fillet slices and fry over high heat 1 minute per side or until meat is very lightly browned.

Stir flour into pan and cook 2 minutes, stirring. Then add onions and stock and bring to boil, still stirring.

Rinse and dry 1 sprig of thyme, then strip leaves and add to pan with apples and mustard, salt and pepper. Continue cooking over moderate heat 4 minutes, or until pork is cooked through.

Stir cream into sauce, then simmer gently 2 minutes. Pour in Calvados or brandy, increase heat slightly and cook gently 2 minutes, then transfer on to four individual plates to



serve, and garnish each with sprig of thyme.

Welsh Hot Butter Cake

SERVES 8

INGREDIENTS:

- 1/4 lb (125 g) salted butter, at room temperature
- 1/3 cup (75 ml) sugar
- 3 large eggs

- 1 cup plus 1 tbsp (265 ml) self-raising flour
- 4 tbsp (60 ml) golden raisins
- 1 tbsp (15 ml) milk

Topping:

- 2 1/2 tbsp (30 ml) salted butter, at room temperature
- 2 tbsp (25 ml) brown sugar
- 1/2 tsp (2 ml) ground cinnamon

METHOD:

Preheat oven to 375 F (190 C). Grease 8 in. (20 cm) round non-stick cake pan with a little of the butter and line base with baking paper.

Using an electric whisk, cream remaining butter and sugar in bowl, until light and fluffy. Beat in eggs, one at time, then fold in flour. Add raisins and

milk and mix. Spread mixture in pan. Bake cake in centre of oven 15–20 minutes, until is well risen, firm and golden.

For spiced butter topping, put butter into mixing bowl with brown sugar and cinnamon and mash together.

When cake is done, remove from oven and spread butter over top. Leave to stand until butter has soaked in, then remove from tin, cut into wedges and serve.

Local Savour

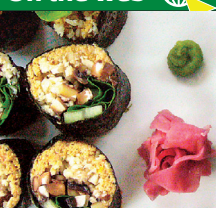
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On the web



Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant to read Diane's recipe for raw sushi.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canada's got style! We've chosen the top boutiques, bars and bistros, only in our August issue!



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50 Cent squares off against Jay-Z

Rapper 50 Cent is preparing to go head-to-head with Jay-Z. He's reportedly releasing his new album on the same day as the hip-hop heavyweight — Sept. 11. 50 Cent did the same thing with Kanye West in 2007. FEMALEFIRST.CO.UK

13

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Billy Talent takes major step

Billy Talent

Album: Billy Talent III

Label: Warner

Rating: ⓈⓈⓈ

WHETHER THEY DESERVE

it or not, the dreaded pop-punk tag has been

following Billy Talent around for years. It's been a tough label to shake, but on their third release they've finally done it. The new record is a major step forward for the band, who've traded their catchy, sometimes juvenile pop, for massive Sabbath-like riffs. The first half of the disc is filled with meaty songs and intricate harmonies, showing a growing band. They



MusicReviews

music@metronews.ca

fall into some old habits on the second half, but let's hope this louder, more metal (but still poppy) Billy Talent is here to stay.

Bryan Borzykowski/for Metro Canada

The Dead Weather

Album: Horehound

Label: Warner

Rating: ⓈⓈⓈ

ANY ACT WITH the gifted Jack White could be considered a supergroup, but the Dead Weather, which includes the Kills' Alison Mosshart and guys



Billy Talent III is a major step forward for the Toronto-based rock band, who've traded their catchy, sometimes juvenile pop, for massive Sabbath-like riffs. The album is now available in stores.

from Queens of the Stone Age and The Raconteurs, really is one. The band's debut is a gothic-blues rock assault, with big riffs, creepy piano and weird

guitar sounds making up the bulk of the music. Mosshart tackles most of the vocals, though the best moments are when her and White — who's on

drums — sing together. While it's not as good as the musicians' other projects, it's still a fun and intriguing listen.

Bryan Borzykowski/for Metro Canada

Moving on

According to In Touch Weekly, Jon & Kate Plus 8 star Jon Gosselin has proposed to Hailey Glassman, just weeks after his estranged wife Kate filed for divorce. POPEATER.COM

Daughtry

Album: Leave This Town

Label: RCA/Sony Music

Rating: ⓈⓈ

IT'S ONLY CHRIS Daughtry's second album and he's already settled into a corporate template that's interchangeable with his own debut and the last three Nickelback CDs. The label even hooked him up with Chad Kroeger for two tracks, including the uber-earnest rock ballad No Surprise. It's not polite to hit on a guy for making a record that's sure to appeal to fans, but the sameness of it all becomes irritating before the end of the third track.



Graham Rockingham/for Metro Canada

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/16/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	J.K. Rowling	Grey's Anatomy	Practice	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	J.K. Rowling	Doc Zone (HDTV)	Greek "Mr. Purr-fect" (N)	Practice	
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Doc Zone (HDTV)	Doc Zone (HDTV)	CBC News: The National	Bons baisers de France (SC)	The Hour	
	2	2	2	CBC-F	Urgences (SC)	Des saquelettes	Gars fille	Perdus "Le Jugement" (SC)	CSI: Crime Scene Invstgtn.	The Mentalist	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Brother 11 (Live)	The Office	TVA 22 heures	
	69	69	69	CTM	TVA 18 heures	Sûreté-salé	Dépenses xtr	Marché	Dr. House (HDTV) (SC)	Mollie (HDTV) (SC)	News (N)	
	6	6	6	CHIF	Entertainment	ET Canada	Dépenses	Big Brother 11 (Live)	So You Think You Can Dance	News (N)	Market Call	
	9	9	9	CJCH	etalk	Hollywood	The Listener "iris" (N)	Podium TV	EastLink Television	So You Think You Can Dance	Fox First	
	10	10	10	ELTV	(6) EastLink Television							
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA)	The Office	The Listener	
prime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	30 Rock	The Office	The Listener	
	29	29	29	NW	World News	Business	CBC News	Marketplace	The Hour	CBC News: The National	Nature-Things	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Business	Greater Boston	Basic Black	An Ice Cream Show	Apollo 11	Apollo 17-Final	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old	Michigan	
	68	68	68	TQS	Farceurs	450 chemin	Grande fille	Avec Albert	Entire voisins (2005, Suspense)	Perry King, Susan Blakely. (SC)	Porte-étoiles	
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown (N)	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	PGA Tour Golf	Live From the Open Championship						
	52	52	52	RSE	Sportsnet Connected	Billiards: U.S. Open Nine-Ball	Poker	UFC: Access	MMA Conn	Best Damn Sports Show	Sportsnet Con.	
	55	55	55	SCOR	(6) HSR			Strikeforce	World Cup of Poker	World Cup of Poker	Score Tonight	
news	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV) (N)	CFL Pregame	Jacked! (N)	Jacked! (N)	
	53	53	53	TSN	Off the Record	SportsCentre	Boxing Joshua Clottey vs. Miguel Cotto.	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	
	43	43	43	FAM	Zoe 101	Life Derek	Jiminy Two	Total Drama	6TEEN	Wizards-Place	Life Derek	
	44	44	44	TOON	Ben 10	Johnny Test	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	
	26	26	26	TREE	Wonder Pets	Big & Small	Prank Patrol	Malcolm-Mid.	Futurama	Little Bear	Maggie-Beast	
	27	27	27	YTV	ICarly	True Jackson				In Real Life	Falcon Beach	
	16	16	16	A&E	CSI: Miami (HDTV)	CSI: Miami "Rap Sheet"	Warriors: TKO	Wapos Bay	The First 48 (HDTV)	The First 48 "Last Wish"	Crime 360 (N)	
	70	70	70	APTN	News (N)				By the Rapids	renegadeexpress	Sheila Tousey	
	50	50	50	BET	106 & Park: BET's Top 10 Live (Live)				Light It Up *** (1999, Drama)	Usher Raymond.	The Game	
	37	37	37	BRVO	Street Legal	Storytellers	Snapshot	Bathroom Divas-Opera Star	Wilby Wonderful (2004, Comedy-Drama)	Reba	Reba	
sports	25	25	25	CMT	Totally "Garth Brooks"	Sessions	Trace Adkins	Home Improve.	Home Improve.	The Simpsons	South Park	
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	Cornier Gas	Police Videos	Police Videos	
	153	153	153	COURT	Truth, Duty, Valour	World's Wildest Police Videos	Police Videos	Cops Uncut	Dumb Criminal	MythBusters	MythBusters	
	38	38	38	DISC	How It's Made	How It's Made	House Hunters	Property Virgin	Handyman Superstar	Disaster DIY	Big Amazing	
	34	34	34	HGTV	Holmes on Homes	NCIS	One Tree Hill	MM	Paris Hilton's My New BFF	Video on Trial	Falcon Beach	
	46	46	46	HIST	Lost Inventions	NCIS	One Tree Hill	MM	Paris Hilton's My New BFF	Video on Trial	Falcon Beach	
	17	17	17	MM	Paris Hilton's My New BFF	Video on Trial	Falcon Beach	Crime 360 (N)	Entourage			
	19	19	19	MMM	mmtop10.ca							
	201	201	201	Bella	(5:45) Bella	(7:25) Eagle Eye *** (2008, Action)	Shia LaBeouf.	Bounty Hunter	Bounty Hunter	Cycling Tour de France -- Stage 12	From Tonnerre to Vitell.	
	48	23	23	OLN	The Amazing Race 5	Bounty Hunter	Bounty Hunter	Cycling Tour de France -- Stage 12	From Tonnerre to Vitell.	Friends	Friends	
family	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Johnny Reno * (1986, Western)	Exit Wounds * (2001, Action), DMX	Le Téléjournal (SC)	RDI en direct	
	206	206	206	PIX	(6:40) Gattaca (1997, Science Fiction)	24 Hours en 60 minutes	Love-Death	Love-Death	Love-Death	Love-Death	Bulging Brides	
	67	67	67	RDI	RDI en direct	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	
	39	39	39	SHOW	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Skin Deep	Skin Deep	Skin Deep	Skin Deep	
	47	47	47	SPACE	Stargate SG-1 (DVS)	The Listener "iris" (N)	Star Trek: Voyager	UFC Unleashed (HDTV)	TNA IMPACT! (HDTV)	Descendant (2003, Suspense)	Jeremy London.	
	14	14	14	SPIKE	CSI: NY (HDTV)	CSI: Crime Scene Invstgtn.	The Ellen DeGeneres Show	Lottery Changed My Life	Inside Hollywood	Envoyé spécial	Space Cowboys *** (2000, Adventure)	
	97	98	98	STAR	etalk	Hollywood	Traders	Destinations	Hep! Taxi	Murder, She Wrote	Judging Amy	
	21	21	21	TLC	What Not to Wear	North of 60 "Limbo"	Que. champion	Journal de Fr2	Ekhaaya -- A Family Chronicle	Da Vinci's Inquest	Style by Jury	
	56	34	34	TROP	Journal de Fr2	Destinations	Hep! Taxi	Murder, She Wrote	Judging Amy	Style by Jury	Friends	
cable variety	20	20	20	TVS	Que. champion	Journal de Fr2	Destinations	Hep! Taxi	Murder, She Wrote	Judging Amy	Style by Jury	
	28	28	28	V	Ekhaaya -- A Family Chronicle	Da Vinci's Inquest	Style by Jury	Friends	Smallville "Committed"			
	60	97	97	VIVA	Da Vinci's Inquest	Style by Jury	Friends	Smallville "Committed"				
	22	22	22	W	Be-Millionaire	Evening News	Two/Half Men	Family Guy				
	251	251	251	WGN	Evening News	Two/Half Men	Family Guy					

critics'corner

30 Rock

Pete (Scott Adsit) forgets Valentine's Day as the cast, stricken by some iffy sushi, pulls an all-nighter to put together a new show. Romance starts to blossom between Kenneth and Cerie (Jack McBrayer, Katrina Bowden). Jack (Alec Baldwin) wants to celebrate his newly divorced status with Tracy (Tracy Morgan) in "Up All Night." 9 PM on NBC



J.K. Rowling: A Year in the Life

Timed to the release of the newest Harry Potter film, this hour-long documentary follows the author during the months prior to publication of "Harry Potter and the Deathly Hallows," the final book in the series. The program shows the one-bedroom Scottish apartment where the saga began as well as scenes from Rowling's hometown, the church where she once worked as a janitor and her life as a mother. 9 PM on ABC ASN

In the Shadow of the Moon

With the last moon footage filmed in the 1970s, it's no wonder people are fascinated by this documentary. Finally allowed out of secure storage, reels of images from NASA's creation in 1957 until the end of the Apollo missions in 1972 are presented. Surviving Apollo crew members also tell their stories. 9 PM on DISCOVERY

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Robert Redford married artist Sibylle Szaggars on Saturday evening at the luxury Louis C. Jacob Hotel in Hamburg, Germany, in front of 30 family and friends, it has been confirmed by people.com. **METRO NEWS SERVICES**

Redford weds artist

Celebrity Buzz

'We raided Neverland'

O BROTHER! WHERE ART THOU?

Despite Michael Jackson's reported orders that his family not be permitted inside the gates of Neverland for fear they would observe him abusing prescription drugs, older brother Tito Jackson claims that his siblings once staged a raid in an attempted intervention, people.com reports.

"I never saw (Michael) on drugs. Not once. He deliberately did it away from us. He didn't want his family to know anything about that part of him. He did al-

most everything in his power to make sure we didn't know," Jackson, 55, tells Britain's Daily Mirror in a lengthy interview Wednesday.

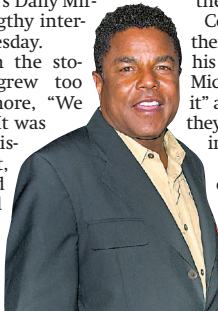
But when the stories just grew too loud to ignore, "We had to act. It was me, my sisters Janet, Rebbie and La Toya and my brothers, Jackie and Randy,"

says Jackson — adding that they all barged in and "surprised" Michael, "to say the least."

Confronted with their questions about his doing drugs, Michael "kept denying it" and told his siblings they were "overreacting," says Jackson.

Michael's recent death is now being treated as "homicide," according to TMZ.com.

METRO NEWS SERVICES



Jesus getting the boy-toy message

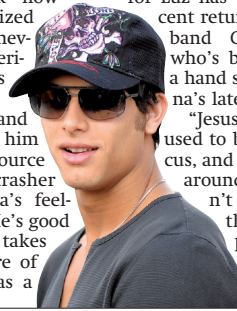
JUST LUST FOR LUZ Madonna's 22-year-old Brazilian boy-toy, Jesus Luz, may be ready to walk now that he's realized the singer will never take him seriously, sources say.

"He's pretty and she can boss him around," a source tells Gatecrasher about Madonna's feelings for Luz. "He's good in bed. And he takes really good care of her kids. But as a

life partner? No. He's child's play."

Making matters worse for Luz has been the recent return of ex-husband Guy Ritchie who's been lending a hand since Madonna's latest adoption. "Jesus has gotten used to being her focus, and when Guy is around, that doesn't happen," the source explains.

METRO WORLD NEWS



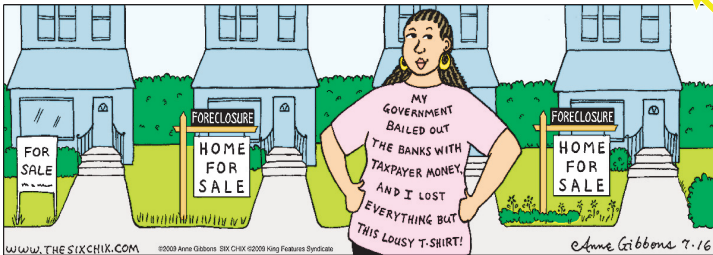
Fox hunting for another house

SINGLE AGAIN? Megan Fox spent the weekend checking out homes in Hollywood Hills with a real estate agent, according to the Daily Mail. Since she currently shares a home with on-again, off-again boyfriend Brian Austin Green, does this suggest that the couple is once again off? "I'm currently what you would call single, I guess," Fox said recently. **METRO WORLD NEWS**



ComicsOnline

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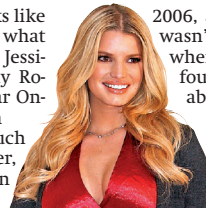
Did Jess get dumped over Mayer?

VEXED BY THE EX It looks like a famous ex may be what finally came between Jessica Simpson and Tony Romo. Sources tell Radar Online that Simpson was keeping in touch with John Mayer, whom she dated in

2006, and Romo wasn't thrilled when he found out about it. "They were hanging out and

he picked up her phone and she got defensive about it. Tony found messages from John and went ballistic," a source says. "Tony dumped her right then. He walked out and that was it."

METRO WORLD NEWS



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Good call



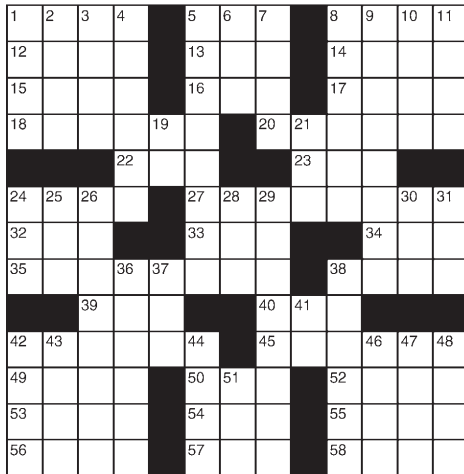
FUTURE SHOP

Walmart

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For more delicious Metro recipes, visit: metronews.ca/food

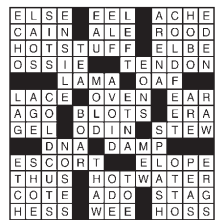
Crossword across

- 1 Bellow
5 Indispensable
8 Not up and about
12 Shrek is one
13 Epoch
14 Wheel hub
15 Evidenced a pinprick
16 Present
17 Smooth-talking
18 Old salt
20 Witch's incantations
22 Mound stat
23 Crafty
24 Deer little one?
27 Plundered
32 Eggs
33 Kimono belt
34 "— the ramparts ..."
35 Borrow money
38 Slow
39 Flightless bird
40 Rotation duration
42 Indicates "I dunno"
45 Star-related
49 Lofty
50 Hooter
52 Vagrant
53 Shaving cream additive
54 Privy
55 Piece of work
56 Ink smudge
57 Yoko of music
58 Profits

Crossword down

- 1 Plagiarizes
2 Watch impolitely
3 Vicinity
4 Blush
5 Aussie critter
6 Id counterpart
7 Evergreens
8 "— & Demons"
9 Flamboyant pitch
10 Satan's forte
11 Socialist candidate
Eugene
19 If not
21 Omega preceder
24 Navigation hindrance
25 St. crosser
26 Napoleon's downfall
28 Lawyers' org.
29 Curried recipe
30 "A mouse!"
31 Desiccate
36 Charm
37 Drag along
38 Big constrictor
41 For example
42 Impale
43 Corridor
44 Song for one
46 Hitchcock tour de force
47 Touch
48 Privation
51 Triumphed

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

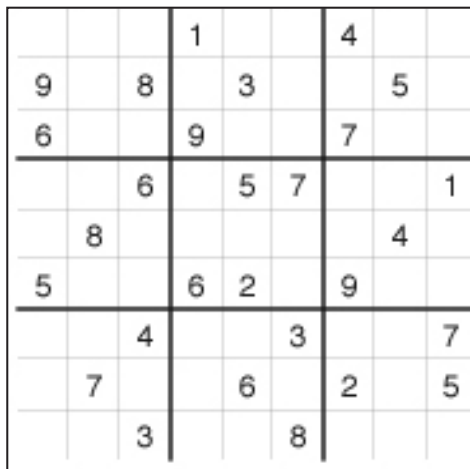
Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Mango Curried Chicken

Submitted by Laurie Chambers, Toronto, ON

submitted by a Club Member!

INGREDIENTS:

- 1 can of mangoes
1 chicken breast
1 bunch of fresh cilantro
1 tbsp of madras curry paste
1 package of vermicelli rice noodles

METHOD:

Empty the juice/syrup of the can of mangoes into a pot warming on the stove. Add the tbsp of curry paste and stir.

Once the curry paste has dissolved into the juice, add the chicken in cubes or strips. Once the chicken is thoroughly cooked, add some chopped cilantro to

taste. At this time, add the mangoes that are left in the can (cut to edible size). Cook for 3 min.
Place Mango Curry Chicken over cooked rice noodles and serve hot. Add a sprig of fresh cilantro to garnish.

SERVES 2-4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minutesupperclub.com

Horoscopes by Sally Brompton

sallybrompton.comARIES
MARCH 21-APRIL 20

You have never been the type to follow the herd. Go your own way, do your own thing and, if certain people don't like it, do it some more.

LIBRA
SEPT 23-OCT 23

The best way to handle the stress in your life is to take nothing too seriously, not even yourself.

TAURUS
APRIL 21-MAY 21

No matter your age or your social position you will come up with a vision that leaves those you work and do business with dumbstruck in admiration.

SCORPIO
OCT 24-NOV 22

You can do almost anything you like today, but there is one thing you must not do and that is to let other people speak for you.

GEMINI
MAY 22-JUNE 21

Use your powers of persuasion to make sure you get your share of whatever financial and material goodies may be up for grabs.

SAGITTARIUS
NOV 23-DEC 21

You may not want to believe that someone would cheat you, but can you afford to take the chance? Be on the lookout for signs of evasiveness today.

CANCER
JUNE 22-JULY 22

Take a few chances today. With mind planet Mercury linked in the best possible way to Uranus, your ideas will be, to say the least, a bit out of the ordinary.

CAPRICORN
DEC 22-JAN 20

Not only will you be daring in action today but your mind will be razor sharp, and with that kind of combination you are sure to go far.

LEO
JULY 23-AUG 23

Don't sit there waiting for others to make the first move. You're a Leo, you're supposed to be a leader, not a follower.

AQUARIUS
JAN 21-FEB 18

A good deed you do for someone you barely know will have a number of positive effects over the next few days.

VIRGO
AUG 24-SEPT 22

The whole world seems to be singing your praises, which is nice, but don't let it go to your head. You know what they say about pride coming before a fall.

PISCES
FEB 19-MARCH 20

Your highly artistic nature will be much in demand today and you may have to turn down offers because you already have too much on your plate.

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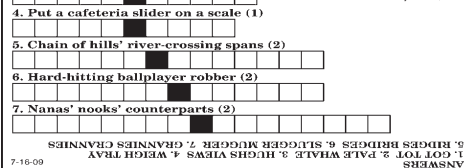
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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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